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AUTHOR Lowe, Billye J.
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ABSTRACT

GRADES OR AGES: Grades 7-12. SUBJECT MATTER: Principles and basic fundamentals of horseback riding. ORGANIZATION AND PHYSICAL APPEARANCE: The contents are divided into five areas, which are Course Guidelines, Course Description and Broad Goal, Course of Study Behavioral Objectives, Course Content, and Learning Activities and Teaching Procedures. The guide is mimeographed and stapled with a paper cover. OBJECTIVES AND ACTIVITIES: Objectives include observation skills, basic skills, course content knowledge, and social and personal attitudes. Warm-up exercises and riding variations are described. INSTRUCTIONAL MATERIALS: Books and films are recommended for teachers. STUDENT ASSESSMENT: Suggested skill tests, appraisal forms, and written and/or oral test items are included. (PD)

AUTHORIZED COURSE OF INSTRUCTION FOR THE

QUINMESTER PROGRAM

DADE COUNTY PUBLIC SCHOOLS

U.S. DEPARTMENT OF HEALTH
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PHYSICAL EDUCATION

Horseback Riding

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Written by

Billye J. Lowe

For the

DIVISION OF INSTRUCTION

Dade County Public Schools

Miami, Florida

1971

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OUTDOOR LIFE - HORSEBACK RIDING

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- A. Student Classification: Coeducational
- B. Grade Level: 7-12
- C. Level of Performance: Beginning and Intermediate
- D. Suggested Prior Experiences: None
- E. Subject Status: Elective
- F. Length of Unit: 9 weeks

II. COURSE DESCRIPTION AND ACCREDITATION STANDARD BROAD GOAL

Junior High: 9.8416 (1) a, b, d, h, i, j
Senior High: 9.9420 (1) a, b, c, d

A. Description

Horseback riding is designed to teach the principles and basic fundamentals of equitation in order that students attain a sufficient level of skill to enjoy the sport as a lifetime activity in a school and leisure time situation.

B. Methods and Evaluation

The course will consist of lectures, practice of skills presented, viewing of films, demonstrations, trail riding, horse shows and evaluation techniques.

C. Areas of Concentration

Class periods will be devoted to the mastery of skills, understanding the relationship of horse and rider, development of love for horses and the out-of-doors, safety procedures and class competition.

III. COURSE OF STUDY BEHAVIORAL OBJECTIVES

A. Observation Skills Objective: 40% of Course Grade

1. State Accreditation Standard: Junior High 9.8416 (2) a, s
Senior High 9.9420 (2) a, b

All students will demonstrate ability in equitation skills, control and safety which will be practiced and developed in class periods by means of performance and drill activities. The majority of students will display sufficient ability to perform in horse shows and will be measured by competencies described in the identification of each skill listed in the course content. Each student's progress and performance in the skills listed below will be evaluated by teacher judgment by observation, check-list, and/or annotation.

- a. Mount and dismount
- b. Riding aids
- c. Balanced seat
- d. Gait transition
- e. Control of horse
- f. Ring and trail manner

2. State Accreditation Standard: Junior High 9.8416 (2) c, t
Senior High 9.9420 (2) c, d

At least 75% of the students are able to demonstrate the proficiencies listed in 1. a. - f.

B. Basic Skills Objective: 20% of Course Grade

1. State Accreditation Standard: Junior High 9.8416 (2) a, s
Senior High 9.9420 (2) a, b

All students will participate and be rated in at least three skills tests and the majority of students will achieve an average or better score. These tests will be set up and administered according to the scoring and procedure specifications listed in Section VI or other authoritative sources.

- a. Control of Horse
- b. Natural Aids
- c. Posting

2. State Accreditation Standard: Junior High 9.8416 (2) c, t
Senior High 9.9420 (2) c, d

At least 75% of the students are able to demonstrate the proficiencies listed in 1. a. - e.

C. Course Content Knowledge Objective: 20% of Course Grade

1. State Accreditation Standard: Junior High 9.8416 (2) a, s
Senior High 9.9420 (2) a, b

All students will respond to a test on horseback riding and the majority of students will achieve an average or better score. This test will be based on the Outdoor life - Horseback Riding Quirrmester course content and class discussions, and will include some questions in all of the following areas:

- a. History
 - b. Safety procedures
 - c. Rules of rating
 - d. Terminology
 - e. Breed, color and care of the horse
2. State Accreditation Standard: Junior High 9.8416 (2) c, t
Senior High 9.9420 (2) c, d

At least 75% of the students are able to demonstrate the proficiencies listed in 1. a. - e.

D. Social and Personal Attitudes Objective: 20% of Course Grade

1. State Accreditation Standard: Junior High 9.8416 (2) a, s
Senior High 9.9420 (2) a, b

Social and personal attitudes displayed by all students will be evaluated by observation, checklist, and/or annotation by the teacher throughout the entire course. The teacher will motivate an atmosphere wherein the majority of the students will respond to this development and exhibit desirable behavior. This evaluation will be based on the following social and personal attitudes:

- a. Alertness to class procedure and activities
- b. Fairness to other students and teacher
- c. Good sportsmanship
- d. Emotional control
- e. Consideration of others
- f. Equitation courtesies
- g. Willingness to participate regardless of degree of skill

2. State Accreditation Standard: Junior High 9.8416 (2) c, t
Senior High 9.9420 (2) c, d

At least 75% of the students are able to demonstrate the proficiencies listed in l. a. - g.

IV. COURSE CONTENT

(This section may be duplicated for distribution to students.)

A. History of Equitation

The history of horseback riding in hunting, in battle and as a sport is recorded at the very beginning of history. Racing of horses is indicated as early as 100 B.C. by the Egyptians. The Syrians rode horses bareback except for a blanket on the horse's back. Saddles without stirrups were introduced by the Romans around 400 B.C.

The knights of the Middle Ages used horses in battle, while hunting was the popular sport on horses in England. At first the rider sat to the rear of the saddle and used long stirrups. Federico Caprilli introduced the forward seat at the beginning of the twentieth century. He was an Italian and believed in more freedom of movement for the horse.

Even though Americans styled their riding after English horsemen, today the forward seat is definitely the trend. Many recreation centers, colleges, camps and universities offer courses in horsemanship as part of the recreational curriculum.

B. Terminology

1. Aids. The rider's hands, legs, body weight and voice are natural aids used to guide and control the horse.
2. Bit. The metal portion of a bridle that fits in the horse's mouth.
3. Bridle. The horse's headgear.
4. Bridoon. Snaffle bit and reins.
5. Canter. A three-beat gait.
6. Cantle. The back of a saddle.
7. Colt. Male foal until 4 years old.

8. Conformation. Body build of a horse.
9. Crop. A short light weight whip.
10. Croup. The area between the rear of the saddle and the tail of the horse.
11. Curb. A type of bit used for additional control of the horse.
12. Diagonal. One step of the trot.
13. Double Bridle. Both curb and snaffle bits are attached.
14. Filly. Female foal until 4 years old.
15. Gallop. The fastest gait of a horse.
16. Gelding. A castrated male horse.
17. Girth. A wide band buckled to the saddle and running under the belly of the horse.
18. Good Hands. The rider controls the horse with ease by using taut reins.
19. Hack. Riding for pleasure.
20. Halter. A horse's headgear without a bit.
21. Hand. Unit of measure for horses and equal to 4 inches.
22. Lead. The foot most forward in a canter gait.
23. Mare. A female horse 4 years old or older.
24. Martingale. Leather harness used on a horse to prevent rearing up or carrying the head too high.
25. Near Side. Left side of a horse.
26. Off Side. Right side of a horse.
27. Pelham. A bit with reins attached for snaffle and curb.
28. Pommel. The front portion of a saddle.
29. Post. Rhythmic series of up and down actions by the rider while the horse is trotting.
30. Reins. Straps attached to the bit and running on each side of the horse's neck to the rider's hands.

31. Rump. Rear end of a horse.
32. School. Train a horse.
33. Seat. The rider's position in the saddle.
34. Shod. A horse with metal shoes.
35. Shying. A frightened horse that jumps sideways.
36. Snaffle. A bit with large rings for the reins and joins in the center of the horse's mouth.
37. Stallion. Male horse 4 years old or older.
38. Stirrup. That portion of the saddle holding the rider's foot.
39. Suckling. A nursing foal.
40. Tack. Equipment used on a horse.
41. Trot. A two-beat gait.
42. Walk. A four-beat gait.
43. Withers. Where the shoulder blade and neck meet to form the highest point on a horse's back.

C. Equitation Courtesies

1. Wait until all riders have mounted before moving your horse.
2. Pass and ride away from other riders slowly and with full control of your horse.
3. Obtain permission when riding on other people's property.
4. Inform other riders of tree limbs, holes and obstructions along the riding trail.
5. Use your voice with your horse wisely when other horses and riders are present.
6. Avoid letting your horse eat along the way.
7. Walk your horse (to cool him) when returning to the barn.

D. Social and Physical Values

1. Social

- a. Assertiveness, self control and desirable human conduct.
- b. Social grace and consideration of others.
- c. Sportsmanship.
- d. Even disposition.
- e. Skill.

2. Physical

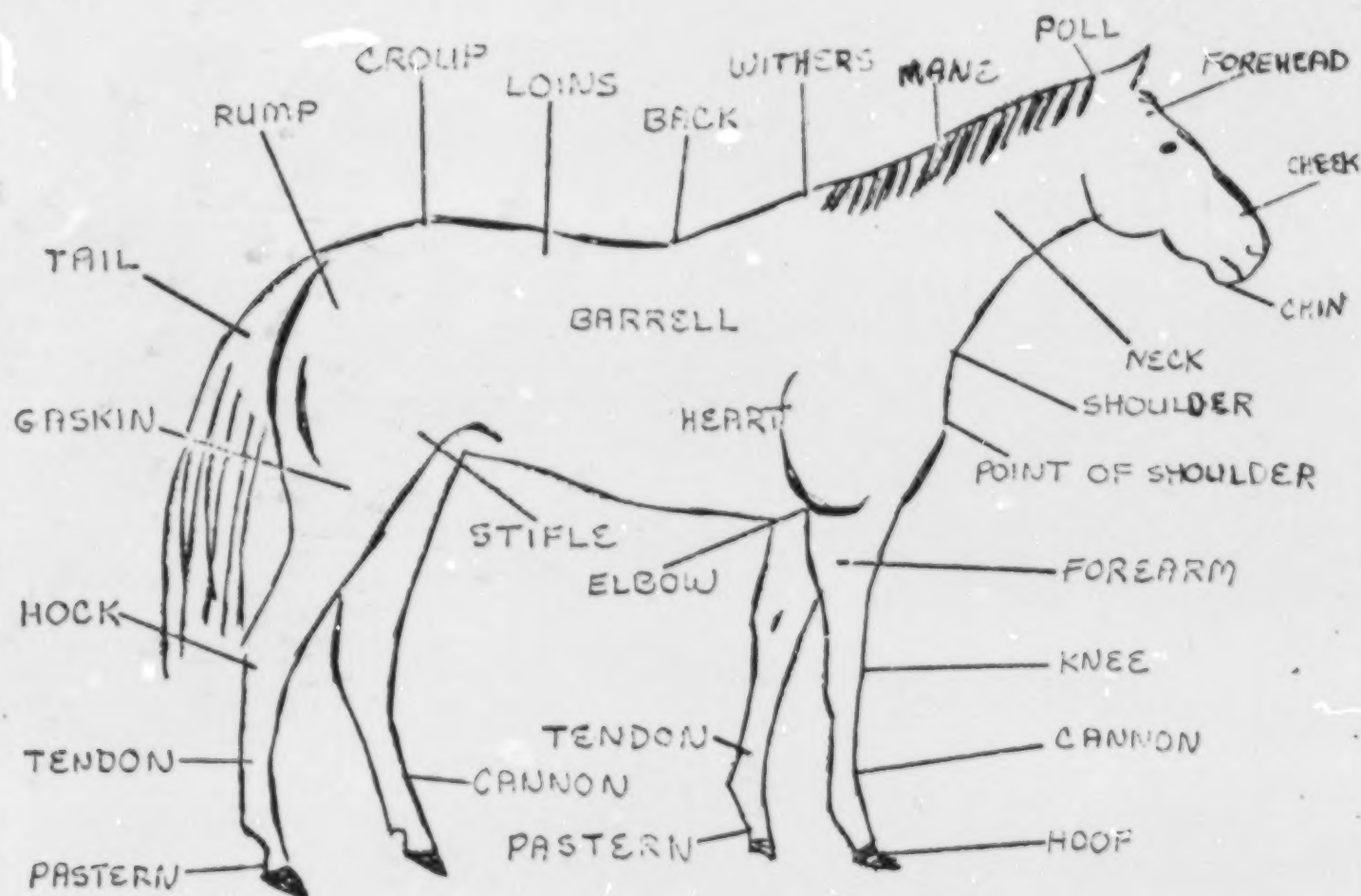
- a. Provides fresh air and stimulates circulation.
- b. Develops good posture and muscular coordination.
- c. Encourages alertness and body grace.
- d. Develops long, thin, flexible body muscles.
- e. Encourages sturdy nerves and development of self confidence.

E. Safety Procedures

1. Ride a horse that is compatible with your skill as a horseman.
2. Walk your horse the first and last ten minutes of your ride.
3. Check the tack for needed repairs and for security on the horse.
4. Refrain from watering your horse when he is hot.
5. Be alert and have your horse under control at all times.
6. Anticipate situations and be ready to deal with them.
7. Walk your horse over wooden bridges, down steep inclines and over rocks.
8. Ride your horse on dirt, gravel or grass areas rather than hard-top roads or ice covered surfaces.
9. Approach a loose horse with a soft reassuring voice.
10. Walk a horse on soft ground and return to the barn if he loses a shoe.
11. Stay one horse's length behind the next horse.
12. Let the reins go and roll free of the horse if you fall.

F. The Horse

A horse has instincts, a disposition and temperament the same as people. He is shy, sensitive and easily frightened. His acute hearing and seeing both behind and in front are examples of his highly developed senses. The horse will respond to sympathetic handling and a pat or soft voice is reassuring to him. His memory enables him to know the way home, what frightened him, and who or what hurt him. Every experience influences his memory; therefore, be firm and give signals that the horse will understand. Avoiding unnecessary roughness, quick sudden movements and loud sharp noises will prove profitable to you and your horse. Both you and the horse must get to know and understand each other. Both must learn to move as one unit.



1. Breeds of Horses

A purebred horse is one with both parents of the same breed.

a. American Saddle Horse

- (1) Long graceful neck
- (2) Lofty head and alert ears
- (3) Straight back and high-set tail
- (4) Powerful shoulders and depth of chest
- (5) Trim legs
- (6) Tendency to do easy gaits

b. Arabian Horse

- (1) Small head tapering toward muzzle
- (2) Deep disks of jawbone
- (3) Broad forehead with large low set eyes
- (4) Strong, graceful neck
- (5) Short back with high withers
- (6) Hindquarters long and deep
- (7) Feet round in shape with width in the heel
- (8) Proud and fiery spirit
- (9) Silky coat

c. Quarter Horse

- (1) Tremendous speed
- (2) Even temperament
- (3) Extremely muscular
- (4) Short frame with trim, dense and well modeled bones
- (5) Depth of chest with forelegs set back
- (6) Sloped croup with balance for quick stops and easy turns
- (7) Excellent for stock work

d. Morgan Horse

- (1) Short back
- (2) Long sloping shoulder
- (3) Deep chest and powerful muscles
- (4) Cleanly shaped legs
- (5) Willing spirit
- (6) Low set tail carried well in action
- (7) Trim and powerful

e. Standard Breed Horse

- (1) Trots or paces while pulling a cart or sulky
- (2) Most durable
- (3) Lean head with long clean muscle neck
- (4) Flexible forequarters with good leg bones
- (5) Sloping croup with sturdy hip coupling
- (6) Resembles Thoroughbred except for heavy bones and long flat muscles

f. Tennessee Walking Horse

- (1) Intelligent
- (2) Excels at the walking gait
- (3) Eye lid wrinkles forward
- (4) Muscled neck and high-headed
- (5) Sloping, flexible and muscularly developed shoulders
- (6) Short back and muscled quarters
- (7) Rear legs sickle slightly
- (8) Kind temperament

g. Thoroughbred Horse

- (1) Long body parts and refined slenderness
- (2) Immense stamina and courage
- (3) Wide set eyes taper to piliant nostrils
- (4) Large windpipe with long thin neck
- (5) Sloped shoulders with long flat muscles
- (6) Long back with prounced withers
- (7) Powerful long quarter muscles
- (8) Straight legs with strong tendons

h. Western Horse

Most western horses are a composite of many breeds.

- (1) Muscular hindquarters with wide long hips
- (2) Short back and barrel-like body
- (3) Sloping shoulders and not too thick neck
- (4) Widespread jaws, thin muzzle, eyes set wide apart and alert ears
- (5) Unusual western horses (color and markings)
 - (a) Palominos
 - (b) Pintos
 - (c) Albinos
 - (d) Appaloosas

2. Color of Horses

- a. Bay. Light tan to dark tan to red with black points
- b. Brown. Black brown with brown on muzzle and flanks
- c. Black. Dark brown to black with black hairs on muzzle
- d. Chestnut. Dark liver color to light yellow marking brilliant red gold and copper shades including mane and tail with no black points
- e. Dun. Varies from mouse color to gold with black points
- f. Gray. Mixture of white and black hairs
- g. Roans. Intermingling red, white and yellow hairs equal a strawberry roan while lack white and yellow hairs intermingled equal a blue roan
- h. Sorrel. Reddish color or lighter with mane and tail the same color
- i. Appaloosa. White with dark spots; dark solid foreparts with spots on hips
- j. Buckskin. Cream or light tan with black mane and tail.
- k. Dapple. Spots overlying entire body
- l. Palomino. White mane and tail with body of golden color
- m. Piebald. Black and white combination
- n. Skewbald. White and any color except black

3. Markings of Horses

a. Face and Head

- (1) Blaze. Broad white stripe down the face
- (2) Strip. White band down the center of the face
- (3) Snip. White between the nostrils
- (4) Star. White on forehead
- (5) Bald face. Almost entire face is white

b. Legs

- (1) Stockings. White on leg from hoof to knee
- (2) Sock. White on leg from hoof to ankle

4. Gaits of Horses

a. The Walk

- (1) Slow even four beats
- (2) Each leg works separately
- (3) Two feet on the ground at a time (one front and one back)

(4) Order of footfalls

- (a) Left hind
- (b) Left fore
- (c) Right hind
- (d) Right fore

(5) The head nods up and down for balance

b. The Trot

- (1) Two-beat gait
- (2) Diagonally opposed feet hit the ground simultaneously
- (3) All legs are suspended at the interval between beats
- (4) Posting technique is used by the rider

c. The Jog and Dogtrot

Slower movements of the trot

d. The Gallop

- (1) Unevenly spaced four beat (four rapid distinct beats with a pause.) Example: $3/4 =$ four rapid beats + $1/4 =$ interval or pause
- (2) Fastest gait of all horses
- (3) Hindlegs provide propelling energy
- (4) Forelegs provide balance and support

e. The Canter and Lope

- (1) Slower version of the gallop
- (2) Canter has a rocking chair rhythm
- (3) Lope is used by western-type horses

f. The Pace

- (1) Two-beat with lateral legs working together
- (2) Used as a speed gait on tracks

g. The Easy Gaits

- (1) The running walk
 - (a) An accelerated flat walk
 - (b) The most comfortable of all gaits
- (2) The Fox Trot

Four beat gait between the walk and trot

(3) The Stepping Pace or Slow Gait

- (a) Slightly uneven four-beat rhythm
- (b) Order of footfalls
Right rear, right fore, left rear, left fore
- (c) Weight carried on hindquarters leaving forelegs for extreme action
- (d) Hindquarters sway slightly from side to side

h. The Rack

- (1) Four-beat gait with even spaced rhythm
- (2) Each foot hits the ground separately
- (3) Performed at a racing speed
- (4) Very strenuous for the horse

i. The Single-Foot

- (1) Same as the rack
- (2) Western-type horses perform it with a shuffling motion

5. Care of the Horse

a. Grooming

This is a means of cleaning your horse. It adds to his health by looking better, feeling better, eating better, acting better and performing better. The grooming massages the body muscles and stimulates the pores causing the natural oil to bring a shine to the horse's coat. Grooming also gives you a chance to discover skin disorders or parasites.

(1) Equipment needed

All equipment should be clean

- (a) Curry comb
- (b) Soft brush
- (c) Hard brush
- (d) Hoof pick
- (e) Grooming cloth (Irish linen or burlap)

(2) Mechanics of grooming

Using the curry comb apply a brisk circular motion to the neck and body of the horse. The

soft brush is used for the head and legs. Remove dirt from the mane and tail with the hard brush. With your back to the horse's head, take the hoof and remove the dirt with the pick. The cloth is used to rub down your horse.

(3) Shoeing

Periodical checks should be made to see if the horse needs to be shod. Failure to do so may result in lameness.

b. Food and Water

- (1) Salt and water should be available to the horse at all times except when he is working. Never water a horse when he is hot.
- (2) The amount of food required varies accordingly to the individual horse and the work he is doing. Roughage (hay) and concentrate (grain) are preferred in the diet, but the amount of grain may be decreased as the work load decreases. Generally 3 gallons of grain and 15 pounds of hay is adequate for a working horse.

c. Stabled

Stalls should be 12' by 12', cleaned three times a day, well ventilated and plenty of light.

6. General Tips on Learning About the Horse

- a. Walk your horse the first and last ten minutes.
- b. Don't lose your temper and punish the horse; chances are it is not the horse's fault.
- c. Talk softly and avoid sudden movements.
- d. Avoid walking behind the horse; however, when necessary, speak to him and put your hand on his rump as you walk around him.
- e. Put rewards (carrots, apples or sugar lumps) in the palm of your hand as you offer it to him.
- f. Approach the horse with confidence and on the near side.

G. Styles of Riding

1. Forward Riding

a. Description

The forward riding allows the rider to perform with balance, poise, grace, elegance and beauty in motion. The rider takes an erect position in the center of the saddle with head up, elbows in, knees slightly bent, and balls of feet in stirrups. The hands are held just about the horse's withers with reins in each hand.

b. Rider's Clothing

Leg and foot protection should be of chief concern to equitation. Shoes that tie and tight fitting jeans would outfit the beginner. However, both formal and informal attire are stated for forward riding.

(1) Formal

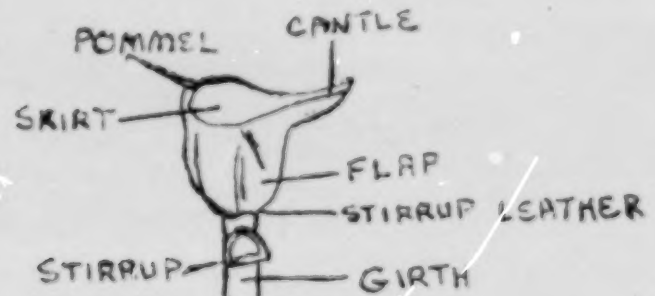
- (a) Dark colored jodphurs
- (b) White formal tuxedo style shirt
- (c) Bow tie
- (d) Long dark tuxedo coat
- (e) Leather gloves
- (f) Jodphur style black leather boots
- (g) High top hat

(2) Informal

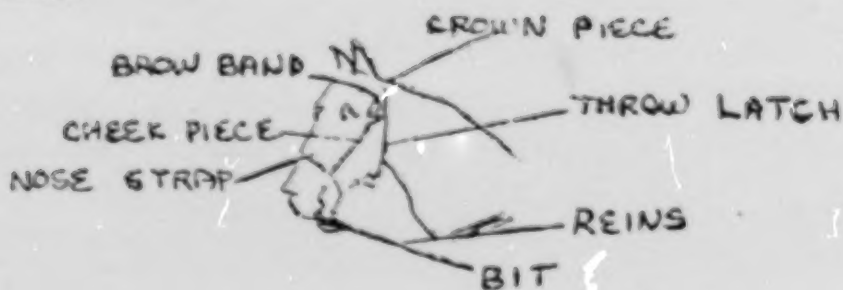
- (a) Kentucky jodphurs (form fitting)
- (b) Any color shirt
- (c) Bow tie
- (d) Coat (longer than hunter coat)
- (e) Gloves
- (f) Jodphur boots
- (g) Derby hat

c. Tack

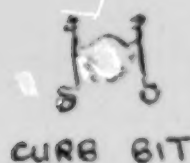
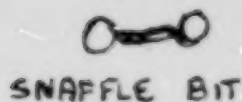
(1) Saddle



- (2) Blanket or saddle pad
- (3) Bridle



- (4) Bits



d. Techniques and Fundamentals

(1) Preparing the mount

(a) Bridling

As you approach the horse on the near side with the right hand on the crown and the left hand on the bit of the bridle, raise the right hand toward the horse's head and gently guide the bit into his mouth. Secure the throat latch. Place the reins over the horse's head.

(b) Saddling

Place a protective pad on the horse's back. With the right stirrup in the seat slowly raise the saddle and place it on the horse's back. Adjust as needed by walking to the far side and straightening the girth and placing the stirrup down. As you return to the near side and place the left stirrup in the saddle seat, tighten the girth slowly and return the stirrup to the correct position.

(2) Mounting

- (a) Check the girth
- (b) Place the reins in the left hand in front of the withers of the horse
- (c) Put the left foot in the stirrup
- (d) Grasp the cantle with the right hand
- (e) Spring from the right foot straight up swinging your right leg over the horse's croup and moving the right hand to the pommel
- (f) As you settle in the seat place the right foot in the stirrup
- (g) Adjust the stirrups by allowing your leg to hang free and placing the stirrup even with the ankle bone
- (h) Take the reins in two hands. With the right rein in the right hand place the little finger between the two reins and both reins running between the forefinger and thumb. The left hand assumes the same position with the reins on the left side.

(3) Dismounting

- (a) Place the reins in your left hand on the horse in front of his withers
- (b) Place right hand on pommel
- (c) Lifting right leg over the horse's croup
- (d) Move the right hand to the cantle
- (e) Support yourself on both hands
- (f) Take left foot out of stirrup
- (g) Slide to the ground

(4) Aids

- (a) Hands. You should develop "quiet hands" in guiding the horse. Taut reins and a even smooth action will give you the desired results
- (b) Voice. Quiet soft spoken manner has a soothing effect on the horse
- (c) Legs. Squeezing with the lower leg or tapping the horse behind the girth with your heels will indicate to the horse that a faster pace is desired
- (d) Spurs and Crop. Artificial aids used by more advanced riders

(5) Walk

- (a) Shoulders square with upper body slightly forward and back straight
- (b) Head up and eyes forward
- (c) Arm relaxed with hands holding a "quiet reins"
- (d) Crotch close to pommel and approximately 4" from the cantle
- (e) Thighs and knees close to the saddle
- (f) Balls of feet in stirrups with heels down and stirrup leather perpendicular to the ground. Feet should be stationary rather than swinging back and forth

(6) Trot

The rider raises on one diagonal and lowers himself on the next diagonal forming a rhythmic pattern called posting.

- (a) Raise out of the seat slightly without a bump
- (b) Return to the saddle smoothly without a bump
- (c) The lower legs and feet should be steady with the feet taking the body weight
- (d) The hands remain in position holding light taut reins

(7) Canter

- (a) Body inclination and flexibility will aid in proper balance
- (b) Relax at the hip and knees and roll with the horse's motion
- (c) Sit in the saddle maintaining contact with it at all times
- (d) Heels down and lower legs steady

2. Western Riding

a. Description

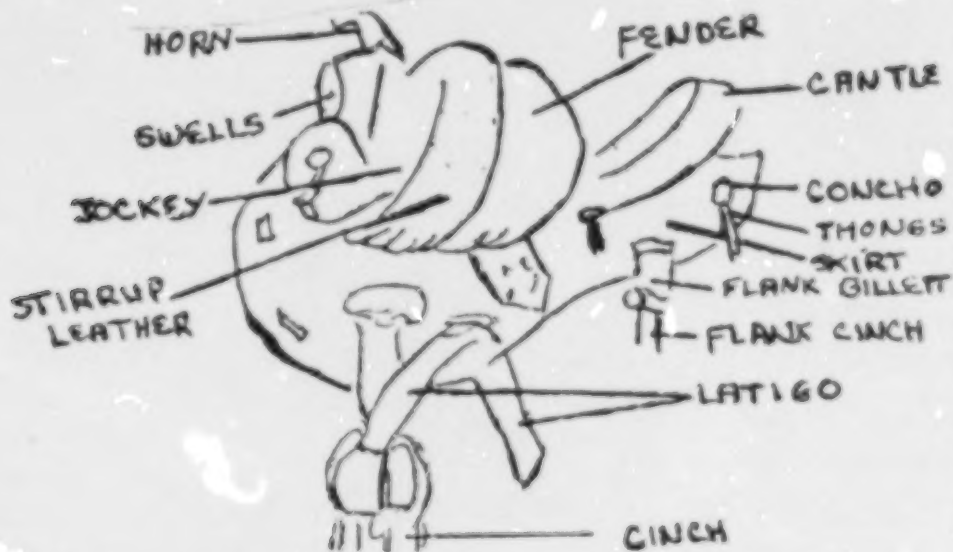
Western riding is done by sitting erect in the center of the saddle with the right hand on the right leg. The left hand holds the reins in front of or just above the saddle horn. Long stirrups with the heels down is characteristic of this style of riding.

b. Rider's Clothing

Cowboy boots, ranch pants, body style shirt and a ten gallon hat are typical attire for rodeos, pleasure or show riding. However, jeans, sturdy tie shoes, long sleeve shirt and a hat would provide the leg and foot protection needed.

c. Tack

(1) Saddle



(2) Blanket or saddle pad

(3) Bridle

(Same as Forward Riding, page 16.)

(4) Bits

(a) (Same as Forward Riding, page 16.)

(b) Grazing Bit



d. Techniques and Fundamentals

(1) Preparing the mount

(a) Bridling

(Same as Forward Riding, page 16.)

(b) Saddling

(Same as Forward Riding, page 16.)

(2) Mounting

Adjust the stirrups before mounting by placing the stirrups under the armpit and extend your arm toward the buckle so that the fingers touch the buckle.

(a) (Same as Forward Riding, page 17.)

(b) (Same as Forward Riding, page 17.)

(c) (Same as Forward Riding, page 17.)

(d) (Same as Forward Riding, page 17.)

(e) (Same as Forward Riding, page 17.)

(f) (Same as Forward Riding, page 17.)

(g) Both reins are held in the left hand with the index finger under and the thumb on top of the leather as the remaining length hangs free. The fingers are closed and together.

(3) Dismounting

(a) (Same as Forward Riding, page 17.)

(b) (Same as Forward Riding, page 17.)

(c) (Same as Forward Riding, page 17.)

(d) (Same as Forward Riding, page 17.)

(e) Step down to the ground

(f) Remove left foot from the stirrup

(4) Aids

(a) (Same as Forward Riding, page 17.)

(b) (Same as Forward Riding, page 17.)

(c) (Same as Forward Riding, page 17.)

(d) (Same as Forward Riding, page 17.)

(5) Walk

(a) Head up, eyes forward, shoulders open and back relaxed

- (b) Left hand with reins held just above the horn and right hand on right thigh
- (c) Sit in center of saddle with legs bent at the hips, knees, and ankles
- (d) The thighs, knees and calves held in close contact with saddle is called "friction grip"
- (e) Balls of feet on stirrup and heels down
- (f) Use a loose rein with occasional contact
- (g) Lay the rein across the horse's neck by moving the left hand in the direction you wish the horse to turn. This is called "neck reining"
- (h) A voice command of "whoa" accompanied with a slight back pull of the reins and immediate release should bring your horse to a stop.

(6) Trot

- (a) A "standing position" is used in western riding when the horse is in a fast trot.
 - (1) Lean forward at the hip and stand in the stirrup
 - (2) Knees have slight bend and your crotch close to the saddle seat
 - (3) The body weight is taken on the feet and dropped to the heels
 - (4) The "friction grip" is used
 - (5) Balance should be maintained over the heels
- (b) Sitting to the slow or jog trot is customary in western riding.
 - (1) Sit in the middle of the saddle with a slight forward incline originating at the hips
 - (2) Relax and allow flexibility within the groin
 - (3) Maintain quiet arms and hands

(7) Lope

A sitting position should be used.

- (a) Begin with the standing position
- (b) Gradually ease into a sitting position in the saddle
- (c) Relax but maintain the basic position used in a walk

II. Rules for Rating

1. Forward Riding (Basic)

- a. A position that affords unity of horse and rider, security of the horse, non-abuse of the horse and efficient use of the aids
- b. Walk, canter and gallop
- c. Three speeds at trot
- d. Correct halt from walk, trot and canter
- e. Execute turn at trot and canter
- f. Changing the horse's leads
- g. Backing the horse

2. Western Riding

- a. (Same as H. 1. a.)
- b. Walk, lope and trot at two speeds
- c. Stop the horse from a walk and a trot
- d. Back the horse
- e. Turn the horse at a jog, fast trot and lope
- f. Turn horse on hindquarters 180° from walk
- g. Change leads at a lope
- h. Serpentine, spins and two track for arena test

I. Recommended Student Resources

1. Books

- a. Kearley, B. L. You and Your Horse. New York: A. B. Barnes & Company, Incorporated, 1965.
- b. Miller, Arthur G.; Willgoose, Carl E. and Wylie, James A. Your Physical Education. New York: Webster Division, McGraw-Hill Book Company, 1970.
- c. Romaszkan, Gregor de. Fundamentals of Riding. (Translated by M. A. Stoneridge). New York: Doubleday and Company, Incorporated, 1964.
- d. Seaton, Don Cash; Clayton, Irene A.; Leibee, Howard C. and Messersmith, Lloyd L. Physical Education Handbook. New Jersey: Prentice-Hall, Inc., 1969.
- e. Self, Margaret Cabell. Horseback Riding Simplified. New York: The Donald Press Company, 1963.
- f. Sports Illustrated. Sports Illustrated Book of Horseback Riding. Philadelphia: J. B. Lippincott Company, 1960.

2. Bulletins

- a. Harder, Lois (ed.). Selected Riding Articles. Washington, D.C.: American Association for Health, Physical Education and Recreation, 1969.
- b. Jones, Suzanne Norton. The Art of Western Riding. Obtained from Elizabeth Shannon, Box 1035, Clifton, Arizona 85533: Price \$6.00.
- c. Shumm, Maryanne M. and Shannon, Elizabeth (ed.). Archery-Riding Guide. Washington, D.C.: American Association for Health, Physical Education and Recreation, 1970-72.

V. LEARNING ACTIVITIES AND TEACHING PROCEDURES

The teacher should strive for the development of the student's health, recreation and enthusiasm for the out-of-doors.

A. Warm-up Exercises

Exercises for strength and flexibility of the ankles, hips, spine, shoulders, arms and waist should precede each riding lesson.

B. Suggested Teaching Techniques

1. Developing Confidence

- a. Ask the rider to hold on to the mane of the horse or the saddle horn
- b. Have a person on foot to lead the horse at first
- c. Provide a small ring in which to teach beginners
- d. Stress a balanced seat for the rider

2. General Tips

- a. Minimize details at the beginning
- b. Demonstrate each skill when presented to the student
- c. Practice new skills at a walk
- d. Emphasize short periods of time at any one gait
- e. Have students start a trot individually
- f. Use the command "up," "down" to assist the rider with the correct rhythm
- g. Frequent practice of skills previously presented
- h. Establish short and clear commands
- i. Identify areas around the ring for reference points

- j. Take small groups out-on-the trail in single file
- k. Emphasize relaxation of the rider
- l. Allow students to practice without stirrups at a trot
- m. Keep a constant watch to prevent horses from bunching
- n. Place barrels in the ring to aid in practice of horse control
- o. Allow the canter, lope and/or gallop only away from the stable when trail riding

C. Riding Variations

- 1. Organize a riding club
- 2. Originate moonlight rides
- 3. Initiate treasure hunts
- 4. Provide coffee rides
- 5. Engage in early morning breakfast rides
- 6. Plan overnight rides for skilled riders
- 7. Encourage barrel races
- 8. Designate two groups to play "Hare and Hound"
- 9. Conduct horse and riding shows

D. Suggested Lesson Plans

1. First Week

- a. History, breeds and markings of horses
- b. Conformation of the horse
- c. Gaits of a horse
- d. Grooming
- e. Tack and tacking up
- f. Styles of riding

2. Second Week

- a. Review of first week
- b. Mounting
- c. Dismounting
- d. Walk
- e. Aids (natural)
- f. Control of horse (start, stop, turn, etc.)

3. Third Week

- a. Review of second week
- b. Standing position
- c. Posting
- d. Practice of trot to develop confidence and skill
- e. Control of horse at walk and trot

4. Fourth Week

- a. Position (theory)
- b. Indirect reins
- c. Practice standing position and gallop
- d. Circles and turns at a trot and jog
- e. Trail riding

5. Fifth Week

- a. Begin canter and lope
- b. Mechanics and aids for walk, trot, jog-trot
- c. Trail riding

6. Sixth Week

- a. Diagonals
- b. Leads, aids and mechanics of the canter and lope
- c. Canter and lope on the trail

7. Seventh Week

Concentrate on Forward Riding style for the entire week

8. Eighth Week

Concentrate on Western Riding style for the entire week

9. Ninth Week

- a. Class competition - horseshow
- b. Skill tests
- c. Test on Outdoor Life - Horseback Riding Quinmester course content

E. Recommended Teacher References

i. Books

- a. Crowell, Pers. Cavalcade of American Horses. New York: McGraw-Hill Book Company, Inc., 1951.
- b. Littauer, Vladimir S. Common Sense Horsemanship. Princeton, N.J.: D. Van Nostrand Co., Inc., 1963.
- c. Miller, Arthur G.; Willgoose, Carl E. and Wylie, James A. Your Physical Education. New York: Webster Division, McGraw-Hill Book Company, 1970.

- d. Seaton, Don Cash; Clayton, Irene A.; Leibee, Howard C. and Messersmith, Lloyd L. Physical Education Handbook. New Jersey: Prentice-Hall, Inc., 1959.
- e. Self, Margaret Cabell. Horseback Riding Simplified. New York: The Ronald Press Company, 1963.
- f. Walraven, Louise Evelyn. Fundamentals of Horsemanship. Lexington, Kentucky: American Horseman-Sportologue, 1947.
- g. Way, Robert F. and Lee, Donald G. The Anatomy of the Horse. Philadelphia: G. P. Lippincott Company, 1965.
- h. Wright, Gordon. Learning to Ride, Hunt and Show. Garden City, New York: Doubleday and Company, Inc., 1966.

2. Bulletins

- a. DGWS-DMA National Riding Committee. Manual for Teaching Forward Riding. American Association for Health, Physical Education and Recreation, 1968.
- b. DGWS-DMA Western Riding Committee. Manual for Teaching Western Riding. American Association for Health, Physical Education and Recreation, 1970.
- c. Harden, Lois (ed.). Selected Riding Articles. Washington, D.C.: American Association for Health, Physical Education and Recreation, 1969.
- d. Jones, Suzanne Norton. The Art of Western Riding. Obtained from Elizabeth Shannon, Box 1035, Clifton, Arizona 85533. Price \$6.00.
- e. Schurm, Maryanne M. and Shannon, Elizabeth (ed.). Archery-Riding Guide. Washington, D.C.: American Association for Health, Physical Education and Recreation, 1970-72.

3. Films

- a. The Basic Principles of Hunter Seat Equitation, 1966. 16mm, 30 min., color, sd. Rental \$13 per showing. \$35 per week. The American Horse Shows Association, 527 Madison Ave., New York, N.Y. 10022. Hunter seat equitation with emphasis on the show ring.

- b. Showing and Judging Hunters, 1968. 16mm, 30 min., color, sd. Rental \$13 per showing, \$35 per week. The American Horse Shows Association, 527 Madison Ave., New York, N.Y. 10022. How a hunter should go and how judges evaluate both conformation and performance.
- c. Schooling Your Horse, 1958. 16mm, 60 min., b & w., si. only. Rental \$25. Capt. V.S. Littauer, Syosset, Long Island, N.Y. Film presents the program of schooling as outlined in Captain Littauer's book Schooling Your Horse. It shows basic steps of schooling from the first longeing and stabilization lessons to cross-country group riding, foxhunting, and all kinds of jumping. For riders who would like to learn schooling and who are already familiar with the principles of forward riding.
- d. The Basic Principles of Stock Seat Equitation, 1968. 16mm, 30 min., color, sd. Rental \$13 per showing, \$35 per week. The American Horse Shows Association, 527 Madison Ave., New York, N.Y. 10022. Showing the two styles of western stock seat equitation.
- e. Horsemanship Goes Forward. 16mm, 15 min., color, sd. Rental \$8; sale \$150. Perry-Mansfield Motion Pictures, Mary Lou Schmunk, librarian, Laporte, Colo. 80555.
- f. It's the Footwork that Counts, 1966. 16mm, 45 min., color, sd. Rental \$27; sale \$150. Monte Foreman Motion Pictures, Star Route, Elbert, Colo. 80106. The film presents the scientific study of leads in a Basic Handle of Western horse which includes figure 8's, rollbacks, inside rolls, 360 degrees over the hock, spins, and balanced stops. Also a comparison of improper handling to proper.

VI. EVALUATION PLANS

A. Skill Tests

1. Control of Horse

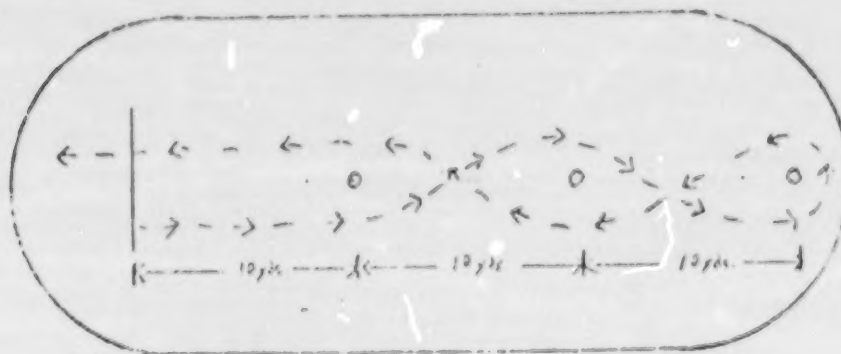
a. Purpose

To measure horsemanship control ability, speed and coordination

b. Equipment

- (1) One horse and tack
- (2) Riding ring
- (3) Three barrels
- (4) Stop watch

c. Ring Markings



d. Procedure

The rider (mounted) and horse stand behind the starting line. The horse's fore feet are just behind the line. On the signal "go" the rider trots the horse in and out between the barrels and around the end barrel. The student returns to the starting position with the same procedure of trotting in and out between the barrels. The student may choose to start right or left of the first barrel but must alternate thereafter.

e. Scoring

Time is started with the signal "go" and runs until the student and horse cross the starting line on the return. The score for the test is the best time of three trials.

2. Natural Aids

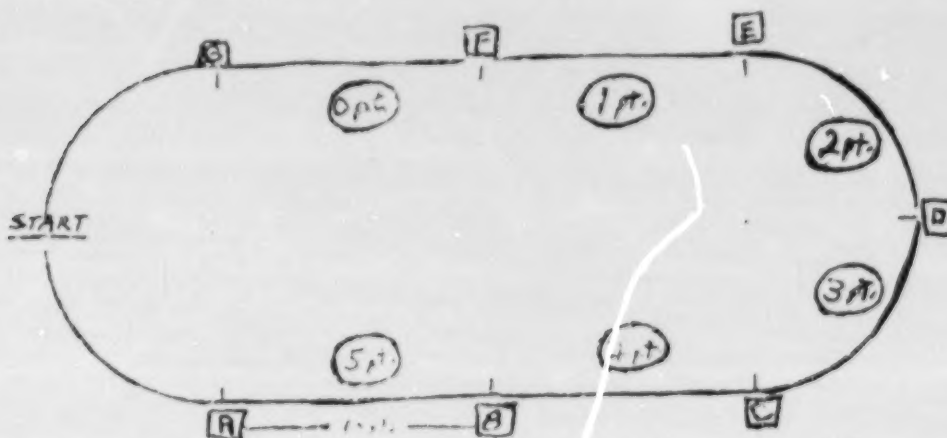
a. Purpose

To measure ability of the rider to maneuver the horse by natural aids

b. Equipment

- (1) One horse and tack
- (2) Riding ring
- (3) Seven wooden signs 10" x 10"

c. Ring Markings



d. Procedure

The mounted rider and horse start at a walk. The student receives the number of points (circled) when the horse starts a trot and continues around the ring at a trot to the starting point and stops. The student must keep the horse in a trot once he starts in order to receive points. Repeat the above procedure with a canter and a gallop.

e. Scoring

The score is the total number of points received for all three gaits.

3. Posting

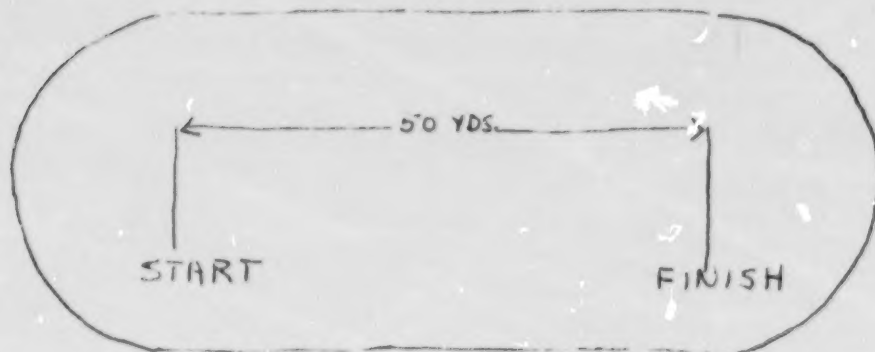
a. Purpose

To measure the accuracy and speed of posting

b. Equipment

- (1) One horse and tack
- (2) Stop watch
- (3) Calfine

c. Ring marking



d. Procedure

The student puts his horse into a trot anywhere before the starting line. Time starts when the horse's forelegs cross the line and continues until the horse's forelegs cross the finish line. The student must keep posting with the correct diagonal for the entire 50 yards. A miss of beat or stop posting eliminates the trial.

e. Scoring

The best time of three trials is recorded.

B. Suggested Appraisal Forms

1. Positive Rating Scale

NAME	GROOMING	BRIDLING	SADDLING	MOUNTING	DIS-MOUNTING	POSTING	STANDING POSITION

2. Incident Chart

NAME	SHOUL- DERS	HEAD	ARMS	HANDS	SEAT	KNEES	FEET	HEELS	ANKLES

3. Diagnostic Checklist

SATISFACTORY		IMPROVEMENT NEEDED	
Rider and horse line of center of gravity coincide		Rider sits back in saddle	
Rider is secure		Lower leg move forward and back	
Quiet (good) hands		Constant pull on reins	
Control in backing horse		Abuse of horses mouth	

C. Written and/or Oral Test Items

1. True and false
2. Completion
3. Identification
4. Multiple choice
5. Matching
6. Pictorial forms
7. Essay

D. Subjective Annotation

VII. SELECTED BIBLIOGRAPHY

Books

- Ainsworth, Dorothy S. (ed.). Individual Sports for Women. Philadelphia: W. B. Saunders Co., 1959.
- Crowell, Pers. Cavalcade of American Horses. New York: McGraw-Hill Book Company, Inc., 1951.
- Lewis, Benjamin. Riding. New York: Garden City Publishing Co., Inc., 1958.
- Miller, Arthur G.; Willgoose, Carl E. and Wylie, James A. Your Physical Education. New York: Webster Division, McGraw-Hill Book Company, 1970.
- Seaton, Don Cash; Clayton, Irene A.; Leiber, Howard C. and Messersmith, Lloyd L. Physical Education Handbook. New Jersey: Prentice-Hall, Inc., 1969.
- Walraven, Louise Evelyn. Fundamentals of Horsemanship. Lexington, Kentucky: American Horseman-Sportlogue, 1947.

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- Harder, Lois (ed.). Selected Riding Articles. Washington, D.C.: American Association for Health, Physical Education and Recreation, 1969.
- Schurm, Maryanne M. and Shannon, Elizabeth (ed.). Archery-Riding Guide. Washington, D.C.: American Association for Health, Physical Education and Recreation, 1970-72.